



strengthening
our home
and family

Deseret Book®

Family Home Evening Materials

Theme: Patriotism

Packet #070104

5 tips for successful Family Home Evenings

1. **Pray.** Pray about the needs of your family as you consider topics for home evenings, and pray as you prepare.
2. **Prioritize.** Make Family Home Evening a priority; learn to say no to other activities.
3. **Involvement.** Involve everyone in the family; help little children take part.
4. **Commitment.** Be committed and be consistent. Set a designated time and stick to it. Holding Family Home Evening on a weekly basis takes dedication and planning on the part of all family members.
5. **Relax** and enjoy it. The most important thing your children will remember is the spirit they feel in your family home evenings and activities. Be sure the atmosphere is one of love, understanding, and enjoyment.

Theme: Patriotism

Thought:

I testify that the God of heaven selected and sent some of his choicest spirits to lay the foundation of this [the American] government as a prologue to the restoration of the gospel and the second coming of our Savior.

(President Ezra Taft Benson, *Ensign*, May 1976, p. 93)

Purpose:

Help family members understand the significance of the freedoms and privileges Americans enjoy.

Song:

“My Country ‘Tis of Thee,” *Hymns*, 339.

Scripture:

Behold, this is a choice land, and whatsoever nation shall possess it shall be free from bondage, and from captivity, and from all other nations under heaven, if they will but serve the God of the land, who is Jesus Christ, who hath been manifested by the things which we have written.

(Ether 2:12)

Lesson:

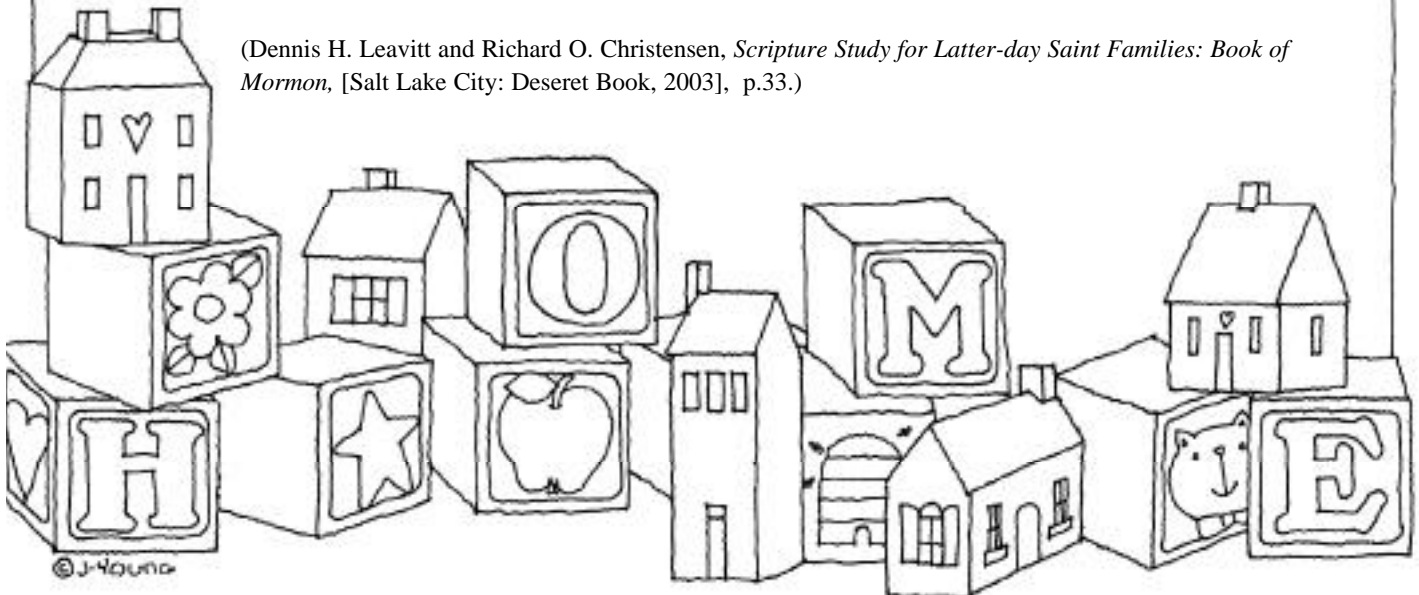
To help your family understand the wonderful prophecies the Lord gave to Nephi, play the following matching game. Write each of the following scriptural references on a separate small slip of paper: 1 Nephi 13:10; 1 Nephi 13:12; 1 Nephi 13:13; 1 Nephi 13:14–15; 1 Nephi 13:17–19; 1 Nephi 13:20–23.

On other slips of paper write the following: The Atlantic Ocean, Christopher Columbus, The Pilgrims, Other Colonists, The Revolutionary War, The Bible.

Lay the papers on the floor and as you read 1 Nephi 13:10–19, have your family match the scripture reference with the historical event. The correct matches are: 1 Nephi 13:10 = The Atlantic Ocean; 1 Nephi 13:12 = Christopher Columbus; 1 Nephi 10:13 = The Pilgrims; 1 Nephi 13:14–15 = Other Colonists; 1 Nephi 13:17–19 = The Revolutionary War; 1 Nephi 13:20–23 = The Bible.

Ask your family what they think is most remarkable about what Nephi saw. What does this teach us about how well the Lord knows our future?

(Dennis H. Leavitt and Richard O. Christensen, *Scripture Study for Latter-day Saint Families: Book of Mormon*, [Salt Lake City: Deseret Book, 2003], p.33.)



Story:

The Star Spangled Banner

One summer day prisoners of war in a foreign prison camp had just completed a talent show. Without any announcement two soldiers holding a rolled-up blanket suddenly stood up in front of the group. They looked quickly but carefully to see that no guards were watching. Then, holding the blanket high, they let it unroll. There, fastened to the inside of the blanket was their country's flag!

At the time of surrender one of the soldiers had taken down the flag and wrapped it around his body. Then he had put on his uniform so the flag might not be discovered during the inspection of his belongings. He had hidden it until he got to the prison camp.

When the men saw the flag that the blanket had concealed, a ripple of wonder and amazement spread throughout the group. This was followed almost instantly by the deep silence that comes only when one's heart is too full to permit words to be spoken.

With their eyes still gazing upon the colorful banner, the soldiers began to sing. Softly but with increasing depth of feeling, the boys sang their national anthem.

(Lucile C. Reading, *Shining Moments: Volume 2* [Salt Lake City: Deseret Book, 1987], p. 122.)

Activity:

Play some patriotic games or relay races such as:

Boston Tea Party: Teams try to fill up a cup by carrying, one team member at a time, a teaspoon of water to the cup some distance away. The winner is the first team to fill up their teacup.

Ring a Liberty Bell: Hang a bell from a rope and then stand back and try to hit the bell. Soft foam balls or beanbags work great.

(Jeni Gochnour, *Family Home Evening Games*, [Salt Lake City: Bookcraft, 1999], p. 68.)

Paper Airplanes: Make and decorate paper airplanes and have a flying contest. Include prizes for most creatively decorated as well as the most aerodynamic.

Boat Races: Have a paper boat race. Let each person make a boat out of paper, including sails or propellers. Blow through straws for wind and see whose boat can cross the finish line first.

(Kimberly L. Bytheway and Diane H. Loveridge, *Traditions*, [Salt Lake City: Deseret Book, 2003], p. 70–71.)

Extras:

- Review the constitution or bill of rights.
- Have each family member create a drawing of something they have been blessed with because of their freedoms

Refreshment

Red, White and Blue Waffles

Light and Crispy Waffles

2 eggs, separated
2 c. milk
2 c. all-purpose flour
1 Tbs. baking powder
1/2 tsp. salt
1/3 c. oil

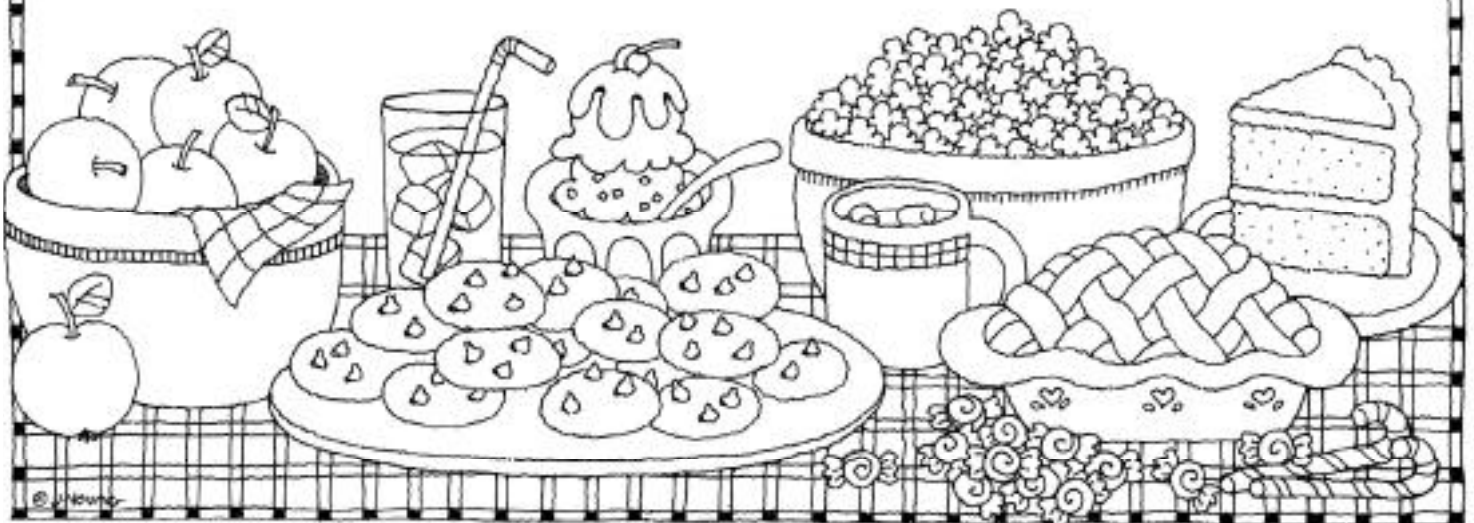
Patriotic toppings

Strawberries
Blueberries
Whipped cream

Separate eggs and beat egg whites until stiff peaks form. Set aside. Preheat waffle-maker. Put all ingredients except egg whites in a large mixing bowl and beat on low until moistened. Increase to medium speed; mix until smooth. By hand, gently fold in beaten egg whites. Pour 1/2 cup batter over waffle grid; close lid and bake until golden, 2 1/2 to 3 minutes. Serve warm waffles with choice of syrup or toppings.

Makes 8 waffles.

(Elaine Cannon, compiler, *Five Star Recipes from Well-Known Latter-day Saints*, [Salt Lake City: Eagle Gate, 2002], p.85.)



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